

The Food Pyramid

For adults, teenagers and children aged five and over

Not needed for young adults

Foods and drinks high in fat, sugar and salt

NOT every day

!

Maximum once or twice a week

Fats, spreads and oils

1-2 servings a day

Meat, poultry, fish, eggs, beans and nuts

2 servings a day

Milk, yogurt and cheese

3 servings a day

3 for children age 5-12 and teenagers age 13-19

Wholemeal cereals and breads, potatoes, pasta and rice

3-5 servings a day

Up to 7* for teenage boys and men age 16-49

Vegetables, salad and fruit

5-7 servings a day

Needed for good health. Enjoy a variety every day

*Daily Serving Guide - wholemeal cereals and breads, potatoes, pasta and rice

Age	5-12	13-19	20-49	50-64	Gender	5-12	13-19	20-49	50-64
Male	3-4	4	4-5	3-4	Male	3	3-4	3	
Female	3-5	5-7	5-7	4-5	Female	4-5	4-6	4	

There is no guideline for inactive children as it is essential that all children are active

Source: Department of Health, December 2016



Drink at least 8 cups of fluid a day - water is best



Get Active!

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week for 150 minutes a week. Children need to be active at a moderate to vigorous level for at least 60 minutes every day

New Food Guide Pyramid Lesson Plans

Kathleen Armour



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web if the installation marks have disappeared put a new installation mark on the timing belt before removing each part em 110 2uz fe engine mechanical engine unit b using the crankshaft damper bolt turn the crankshaft to align the timing marks of the crankshaft timing pulley and oil pump body em approx 45 timing mark turn

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cover cylinder head and cylinder block with a screwdriver notice be careful not to damage the contact surfaces of the timing chain cover cylinder block and cylinder head c remove the o ring from the lh cylinder

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web dec 9 2020 put the wrench on the crank bolt and turn it clockwise until the mark on the harmonic balancer crank pulley lines up with the tdc mark on the lower timing cover now look at the cam sprocket the dowel in the cam should be in the hole for number 1 on some older b2000 engines they might have an a b c all alignment should be on a

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web align the timing marks of the camshaft with the mark plates of the timing chain and install the timing chain hint align the timing marks with the mark plates while turning the hexagonal service portion of the camshaft using a wrench 2 install chain tensioner slipper a install the chain tensioner slipper 3 install chain tensioner

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web rotate the crankshaft pulley two complete turns clockwise and check the timing marks if the timing marks are correct tighten the lock bolt for the tensioner to 20 to 34 n m 200 to 350 kgfcm for fe to 37 to 52 n m 380 to 530 kgfcm for f2 engine check the movement on the tension side of the timing belt

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